

# Kansas Juvenile Correctional Complex

Fall Winter 2021-2022

Minimum of 3500 calories daily

A choice of Skim or 1% milk will be offered at breakfast & lunch  
Final Rule Nutrition Standards in the National School Lunch Program (Grades 9-12) – Jan. 2012



USDA is an equal opportunity provider and employer

Week: 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meal Name: Breakfast

Banana 1 each	Apple 1 each	Orange 1 each	Banana 1 each	Apple 1 each	Orange 1 each	Banana 1 each
Whole Grain Waffles 2 each	Toasted Oats Cereal 1 cup	Sweetened Whole Grain Oatmeal LF 1/2 cup	Whole Grain Breakfast Burrito 1 each	Corn Grits LF 1 cup	Toasted Oats Cereal 1 cup	Bran Flakes Cereal 1 cup
Syrup 2 fl oz	Breakfast Sausage (1 ozw each) 1 patty	Grilled T. Ham 1 ozw	Jelly 1/3 fl oz	Breakfast Sausage (1 ozw each) 1 patty	Hard Cooked Egg 1 each	LowFat Cream Cheese 1 each
Hash Browns LF 1/2 cup	Lyonnais Potatoes LF/LS 1/2 cup	Whole Wheat Bread 1 slice	Whole Wheat Bread 2 slice	Cottage Fries LF/LS 1/2 cup	Grape Jelly 1/3 fl oz	Whole Grain Bagel 1 each
100% Apple Juice (4 oz) 1 each	Whole Wheat Bread 1 slice	Cottage Fries LF/LS 1/2 cup	100% Apple Juice (4 oz) 1 each	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice	100% Apple Juice (4 oz) 1 each
Milk-Student Choice (Half Pint) 1 each	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each
	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	

Meal Name: Lunch

Whole Grain Macaroni & Cheese (2.5 MMA) 10 ozw	Glazed BBQ Patty (3 ozw each) 1 patty	Sloppy Joe (3 oz gd turkey) LS 4 ozw	Whole Grain Mini Corn Dogs 6 each	CHICKEN (AP DICED) SALAD 4/2 (MMA) 4 ozw	T. Ham 2 ozw	Whole Grain American Goulash (2.5 MMA) 10 ozw
Green Beans LF 1/2 cup	BBQ Sauce (scratch) LS 1 fl oz	Whole Grain Hamburger Bun 1 each	Mustard 1/3 fl oz	Whole Wheat Bread 2 slice	Pinto Beans LF 1/4 cup	Green Beans LF 1/2 cup
Coleslaw Vinaigrette 1/2 cup	Ranch Pinto Beans LS 1/4 cup	Lyonnais Potatoes LF/LS 1 cup	Pinto Beans 1 cup	Potato Salad 1 cup	Whole Grain Brown Rice LF 1 cup	Garden Salad 1 cup
Whole Wheat Bread 1 slice	Whole Grain Hamburger Bun 1 each	Carrots LF 1/2 cup	Garden Salad 1 cup	Kettle Blend Mixed Vegetables LF 1/2 cup	Carrots LF 1/2 cup	Ranch Salad Dressing 1/2 fl oz
Apple 1 each	Broccoli LF 1/2 cup	Apple 1 each	French Dressing LF 1/2 fl oz	Apple 1 each	Creamy Coleslaw 1/2 cup	Whole Wheat Bread 1 slice
Milk-Student Choice (Half Pint) 1 each	Potato Salad LF/LS 1 cup	Milk-Student Choice (Half Pint) 1 each	Cinnamon Apples 1/2 cup	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice	Apple 1 each
	Peaches (canned) 1/2 cup		100% Orange Juice (4 oz) 1 each		Peaches (canned) 1/2 cup	Milk-Student Choice (Half Pint) 1 each
	100% Orange Juice (4 oz) 1 each		Milk-Student Choice (Half Pint) 1 each		100% Orange Juice (4 oz) 1 each	
	Milk-Student Choice (Half Pint) 1 each				Milk-Student Choice (Half Pint) 1 each	

Meal Name: Dinner

Charbroiled Patty (3 ozw) 1 patty	Meatballs (1/2 oz each) 6 each	Whole Grain T. Sausage & Cheese Pizza 1 each	Turkey Pot Pie (4 oz diced) 12 ozw	Oven Fried Breaded Fish Patty (3 ozw) 1 patty	Crispy Chicken Patty (3 ozw each) 1 patty	Spaghetti & Italian Sauce (4 oz gd turkey) 12 ozw
Gravy LS 4 fl oz	Gravy LS 4 fl oz	Spaghetti & Italian Sauce (4 oz gd turkey) 12 ozw	Mashed Potatoes 1 cup	Spaghetti w/ Tomato Sauce LS 2 cup	Gravy LS 4 fl oz	Kettle Blend Mixed Vegetables 1 cup
AuGratin Potatoes LF/LS 1 1/2 cup	Noodles 1 1/2 cup	Green Beans 1 cup	Gravy LS 4 fl oz	Kidney Beans 1 cup	Mashed Potatoes 1 1/2 cup	Coleslaw Vinaigrette 1 cup
Irish Blend Vegetables 1 cup	Garden Salad 1 cup	Garden Salad 1 cup	Carrots 1/2 cup	Garden Salad 1 cup	Green Beans 1/2 cup	Fresh Baked Garlic Roll (3 ozw) 2 each
Baked Beans 1 cup	Ranch Salad Dressing 2 fl oz	Homemade Italian Dressing 2 fl oz	Coleslaw Vinaigrette 1 cup	Homemade Italian Dressing 2 fl oz	Hamburger Bun 1 each	Whipped Margarine 1 ozw
Hamburger Bun 1 each	Fresh Baked Roll (3 ozw) 1 each	Fresh Baked Garlic Roll (3 ozw) 1 each	Bakery Biscuit (1/60 2@) 1/30 cut	Fresh Baked Garlic Roll (3 ozw) 1 each	Whipped Margarine 1 ozw	Fresh Baked Snickerdoodle Cookie (3 ozw) 1 each
Whipped Margarine 1/2 ozw	Whipped Margarine 1 ozw	Pasta Salad 1 cup	Whipped Margarine 1/2 ozw	Tartar Sauce 1 fl oz	Fresh Baked Sugar Cookie (3 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup
Fresh Baked Sugar Cookie (3 ozw) 1 each	Fresh Baked Oatmeal Cookie (3 ozw) 1 each	Whipped Margarine 1 ozw	Frosted Fudge Brownie 1/60 cut	Fresh Baked Oatmeal Cookie (3 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup	
Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fresh Baked Snickerdoodle Cookie (3 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup		
	Fruit Drink w/ Vitamin C 1 cup					

Meal Name: Evening Snack

Cheese Crackers w/ Peanut Butter 1 each	T. Salami 2 ozw	String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving	Turkey 2 ozw	Cheese Crackers w/ Peanut Butter 1 each	Peanut Butter 3 tablespoon	T. Ham 2 ozw
Applesauce 1 cup	Mayo-Type Dressing 1/2 fl oz	Strawberry Yogurt Cup (4 oz) 1 each	Cheese 1 ozw	Applesauce 1 cup	Grape Jelly 3 fl oz	Cheese 1 ozw
100% Orange Juice (4 oz) 1 each	Enriched Bread 2 slice	100% Orange Juice (4 oz) 1 each	Flour Tortilla (6") 2 each	100% Orange Juice (4 oz) 1 each	Enriched Bread 2 slice	Enriched Bread 2 slice
	100% Apple Juice (4 oz) 1 each		100% Apple Juice (4 oz) 1 each		100% Apple Juice (4 oz) 1 each	100% Orange Juice (4 oz) 1 each

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

^This item made with mechanically separated poultry used in accordance with USDA standards.

**NUTRITION STATEMENT:** This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 9 to 18 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

**FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3 Q4**

In accordance with ACA Standard (Ref. 5-ACI-5C-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

Reviewed 2/22

Aramark Dietitian's Signature:

Client's Signature:

Date:

FLM Signature:

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Week: 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Meal Name: Breakfast</b>						
Apple 1 each	Orange 1 each	Banana 1 each	Apple 1 each	Orange 1 each	Banana 1 each	Apple 1 each
Whole Grain Pancakes 2 each	Whole Grain Waffles 2 each	Sweetened Whole Grain Oatmeal LF 1/2 cup	Raisin Bran Cereal 1 cup	Cinnamon Oatmeal LF 1 cup	Cinnamon Oatmeal LF 1 cup	Toasted Oats Cereal 1 cup
Syrup 2 fl oz	Syrup 2 fl oz	Breakfast Sausage (1 ozw each) 1 patty	Whole Grain Breakfast Burrito 1 each	Grilled T. Ham 1 ozw	Hard Cooked Egg 1 each	LowFat Cream Cheese 1 each
Hash Browns LF 1/2 cup	Cottage Fries LF/LS 1/2 cup	Whole Wheat Bread 1 slice	Hash Browns LF 1/2 cup	Cottage Fries LF/LS 1/2 cup	Grape Jelly 1/3 fl oz	Whole Grain Bagel 1 each
100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	Whole Wheat Bread 1 slice	Whole Wheat Bread 1 slice	100% Apple Juice (4 oz) 1 each
Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each
				Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	

## Meal Name: Lunch

Baked Meatloaf (3 ozw each) 1 patty	Sloppy Giuseppe (3 oz gd turkey) 4 ozw	Turkey 5 ozw	Whole Grain T. Sausage & Cheese Pizza 1 each	Hearty Spanish Brown Rice (2.5 MMA) 10 ozw	Glazed BBQ Patty (3 ozw each) 1 patty	Turkey 5 ozw
Ketchup 1/3 fl oz	Whole Grain Hamburger Bun 1 each	Mustard 1/2 fl oz	Baked Beans 3/4 cup	Carrots LF 1/2 cup	Ranch Pinto Beans LS 1/4 cup	Gravy LF/LS 1 fl oz
Boston Baked Beans LF 1/4 cup	Green Beans LF 1/2 cup	Whole Wheat Bread 2 slice	Coleslaw Vinaigrette 1/2 cup	Garden Salad 1 cup	Cottage Fries LF/LS 1 cup	Whole Grain Macaroni LF 1/2 cup
Whole Wheat Bread 2 slice	Garden Salad 1 cup	Pinto Beans LF/LS 1 cup	Garlic Whole Wheat Bread LF 1 slice	Italian Dressing 1/2 fl oz	Broccoli LF 1/2 cup	Carrots LF 1/2 cup
Carrots LF 1/2 cup	Italian Dressing 1/2 fl oz	Kettle Blend Mixed Vegetables LF 1/2 cup	Apple 1 each	Whole Grain Flour Tortilla (10") 1 each	Whole Grain Hamburger Bun 1 each	Garden Salad 1 cup
Creamy Coleslaw 1/2 cup	Apple 1 each	Cinnamon Apples 1/2 cup	Milk-Student Choice (Half Pint) 1 each	Mixed Fruit (Canned) 1/2 cup	Apple 1 each	Ranch Salad Dressing 1/2 fl oz
Peaches (canned) 1/2 cup	Milk-Student Choice (Half Pint) 1 each	100% Orange Juice (4 oz) 1 each		100% Orange Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Whole Wheat Bread 1 slice
100% Orange Juice (4 oz) 1 each		Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each		Mixed Fruit (Canned) 1/2 cup
Milk-Student Choice (Half Pint) 1 each						100% Orange Juice (4 oz) 1 each
						Milk-Student Choice (Half Pint) 1 each

## Meal Name: Dinner

Savory Rice & Peppers LS (4 oz gd turkey) 12 ozw	Meatballs (1/2 oz each) 6 each	Country Patty (3 ozw each) 1 patty	Chili Mac LS (4 oz gd turkey) 12 ozw	Charbroiled Patty (3 ozw) 1 patty	Chicken Nuggets WG 5 each	Baked Meatloaf (3 ozw each) 1 patty
Green Beans 1/2 cup	Gravy 4 fl oz	Ketchup 1/2 fl oz	Rice 1 1/2 cup	Cheese 1/2 ozw	Tater Tots 1 cup	Gravy 4 fl oz
BBQ Black Beans 1 cup	Spaghetti 2 cup	Black Beans & Rice 2 cup	Garden Salad 1 cup	Noodles with Garlic and Margarine 2 cup	Macaroni & Cheese 1/2 cup	Pinto Beans 1 cup
Garden Salad 1 cup	Coleslaw Vinaigrette 1 cup	Mixed Vegetables 1/2 cup	Scratch Italian Salad Dressing 1 1/2 fl oz	Ranch Pinto Beans 1 cup	Garden Salad 1 cup	Cottage Fries 2 cup
Scratch Italian Salad Dressing 2 fl oz	Fresh Baked Garlic Roll (3 ozw) 1 each	Garden Salad 1 cup	Southern Cornbread (1/60 2@) 1/30 cut	Kettle Blend Mixed Vegetables 3/4 cup	Scratch Italian Salad Dressing 1 fl oz	Kettle Blend Mixed Vegetables 1 cup
Bakery Biscuit (1/60 2@) 1/30 cut	Whipped Margarine 1 ozw	Scratch Italian Salad Dressing 2 fl oz	Whipped Margarine 1 ozw	Hamburger Bun 1 each	Fresh Baked Roll (3 ozw) 1 each	Fresh Baked Roll (3 ozw) 1 each
Whipped Margarine 1 ozw	Fresh Baked Sugar Cookie (3 ozw) 1 each	Hamburger Bun 1 each	Iced Yellow Cake 1/60 cut	Mayo-Type Dressing 1/2 fl oz	Whipped Margarine 1 ozw	Whipped Margarine 1 ozw
Fresh Baked Oatmeal Cookie (2 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup	Whipped Margarine 1 ozw	Fruit Drink w/ Vitamin C 1 cup	Fresh Baked Sugar Cookie (3 ozw) 1 each	Fresh Baked Oatmeal Cookie (3 ozw) 1 each	Fresh Baked Lemon Cookie (3 ozw) 1 each
Fruit Drink w/ Vitamin C 1 cup		Fresh Baked Lemon Cookie (3 ozw) 1 each		Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup
		Fruit Drink w/ Vitamin C 1 cup				

## Meal Name: Evening Snack

Cheese Crackers w/ Peanut Butter 1 each	T. Salami 2 ozw	String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving	Turkey 2 ozw	Cheese Crackers w/ Peanut Butter 1 each	Peanut Butter 3 tablespoon	T. Ham 2 ozw
Applesauce 1 cup	Mayo-Type Dressing 1/2 fl oz	Strawberry Yogurt Cup (4 oz) 1 each	Cheese 1 ozw	Applesauce 1 cup	Grape Jelly 3 fl oz	Cheese 1 ozw
100% Orange Juice (4 oz) 1 each	Enriched Bread 2 slice	100% Orange Juice (4 oz) 1 each	Flour Tortilla (6") 2 each	100% Orange Juice (4 oz) 1 each	Enriched Bread 2 slice	Enriched Bread 2 slice
	100% Apple Juice (4 oz) 1 each		100% Apple Juice (4 oz) 1 each		100% Apple Juice (4 oz) 1 each	100% Orange Juice (4 oz) 1 each

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Week: 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meal Name: Breakfast

Orange 1 each	Banana 1 each	Apple 1 each	Orange 1 each	Banana 1 each	Apple 1 each	Orange 1 each
Sweetened Whole Grain Oatmeal LF 1/2 cup	Whole Grain Pancakes 2 each	Sweetened Whole Grain Oatmeal LF 1/2 cup	Toasted Oats Cereal 1 cup	Scrambled Eggs 3 ozw	Toasted Oats Cereal 1 cup	Sweetened Whole Grain Oatmeal LF 1/2 cup
Breakfast Sausage (1 ozw each) 1 patty	Syrup 2 fl oz	Whole Grain Breakfast Burrito 1 each	Scrambled Egg w/ Cheese 3 ozw	Grape Jelly 1/3 fl oz	LowFat Cream Cheese 1 each	Breakfast Sausage (1 ozw each) 1 patty
Whole Wheat Bread 1 slice	Lyonnais Potatoes LF/LS 1/2 cup	Cottage Fries LF/LS 1/2 cup	WG Flour Tortilla (6") 1 each	Whole Wheat Bread 1 slice	Whole Grain Bagel 1 each	Whole Wheat Bread 2 slice
Cottage Fries LF/LS 1/2 cup	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	Taco Sauce 1 packet	Grape Jelly 1/3 fl oz	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each
100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Lyonnais Potatoes LF/LS 1/2 cup	100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each
Milk-Student Choice (Half Pint) 1 each			100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each		
			Milk-Student Choice (Half Pint) 1 each			

Meal Name: Lunch

T. Salami 4 ozw	Whole Grain Macaroni & Cheese (2.5 MMA) 10 ozw	Chicken Nuggets WG 5 each	Sloppy Joe (3 oz gd turkey) LS 4 ozw	T. Hot Dogs (1.5 oz each) 2 each	T. Ham 4 ozw	Tex-Mex Taco Filling (3 oz gd turkey) 4 ozw
Mayo-Type Dressing 1/3 fl oz	Carrots LF 3/4 cup	Ranch Salad Dressing 1/3 fl oz	Carrots LF 1/2 cup	Mustard 1/2 fl oz	Cottage Fries LF/LS 3/4 cup	Cheese Sauce 1 fl oz
Whole Wheat Bread 2 slice	Garden Salad 1 cup	Whole Grain Dinner Roll 1 each	Garden Salad 1 cup	Whole Wheat Hot Dog Bun 2 each	Garden Salad 1 cup	Corn Tortilla 6" 2 each
Navy Beans LF/LS 1 cup	French Dressing LF 1/2 fl oz	Parsley Potatoes LF 1 cup	Italian Dressing 1/2 fl oz	Baked Beans 1 cup	French Dressing LF 1/2 fl oz	Whole Grain Brown Rice LF 1 cup
Creamy Coleslaw 1/2 cup	Whole Grain Dinner Roll 1 each	Kettle Blend Mixed Vegetables LF 1 cup	Whole Grain Hamburger Bun 1 each	Broccoli LF 1/2 cup	Whole Wheat Bread 2 slice	Shredded Lettuce 1 cup
Apple 1 each	Peaches (canned) 1/2 cup	Apple 1 each	Cinnamon Apples 1/2 cup	Apple 1 each	Peaches (canned) 1/2 cup	Corn LF 1/2 cup
Milk-Student Choice (Half Pint) 1 each	100% Orange Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Orange Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Orange Juice (4 oz) 1 each	Apple 1 each
	Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each

Meal Name: Dinner

Glazed BBQ Patty (3 ozw each) 1 patty	Country Patty (3 ozw each) 1 patty	Spaghetti & Italian Sauce (4 oz gd turkey) 12 ozw	Meatballs (1/2 oz each) 6 each	Mac & Cheese (4 oz gd turkey) 12 ozw	Chili Mac LS (4 oz gd turkey) 12 ozw	Crispy Chicken Patty (3 ozw each) 1 patty
Noodles 2 cup	Gravy 4 fl oz	Carrots 1 cup	Cream Gravy 4 fl oz	Peas 1 cup	AuGratin Potatoes 1 cup	Noodles O'Brien 2 cup
Gravy 4 fl oz	AuGratin Potatoes 1 cup	Pea & Cheese Salad 1 cup	Baked Beans 2 cup	Coleslaw Vinaigrette 1/2 cup	Mixed Vegetables 1/2 cup	Coleslaw Vinaigrette 3/4 cup
Garden Salad 1 cup	Boston Baked Beans LF 1 cup	Garden Salad 1 cup	Coleslaw Vinaigrette 3/4 cup	Buttermilk Biscuits (1/60 2@) 1/30 cut	Southern Cornbread (1/60 2@) 1/30 cut	Ranch Pinto Beans 1 cup
Scratch Italian Salad Dressing 2 fl oz	Irish Blend Vegetables 3/4 cup	Scratch Italian Salad Dressing 2 fl oz	Fresh Baked Roll (3 ozw) 1 each	Whipped Margarine 1/2 ozw	Whipped Margarine 1 ozw	Hamburger Bun 1 each
Hamburger Bun 1 each	Hamburger Bun 1 each	Fresh Baked Garlic Roll (3 ozw) 1 each	Whipped Margarine 1 ozw	Fresh Baked Lemon Cookie (3 ozw) 1 each	Iced Banana Cake 1/60 cut	Whipped Margarine 1 ozw
Whipped Margarine 1 ozw	Whipped Margarine 1 ozw	Whipped Margarine 1 ozw	Fresh Baked Sugar Cookie (3 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fresh Baked Sugar Cookie (3 ozw) 1 each
Fresh Baked Oatmeal Cookie (3 ozw) 1 each	Iced White Cake 1/60 cut	Oatmeal Peanut Butter Cookie (3 ozw) 1 each	Fruit Drink w/ Vitamin C 1 cup			Fruit Drink w/ Vitamin C 1 cup
Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup				

Meal Name: Evening Snack

Cheese Crackers w/ Peanut Butter 1 each	T. Salami 2 ozw	String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving	Turkey 2 ozw	Cheese Crackers w/ Peanut Butter 1 each	Peanut Butter 3 tablespoon	T. Ham 2 ozw
Applesauce 1 cup	Mayo-Type Dressing 1/2 fl oz	Strawberry Yogurt Cup (4 oz) 1 each	Cheese 1 ozw	Applesauce 1 cup	Grape Jelly 3 fl oz	Cheese 1 ozw
100% Orange Juice (4 oz) 1 each	Enriched Bread 2 slice	100% Orange Juice (4 oz) 1 each	Flour Tortilla (6") 2 each	100% Orange Juice (4 oz) 1 each	Enriched Bread 2 slice	Enriched Bread 2 slice
	100% Apple Juice (4 oz) 1 each		100% Apple Juice (4 oz) 1 each		100% Apple Juice (4 oz) 1 each	100% Orange Juice (4 oz) 1 each

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Week: 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Meal Name: Breakfast</b>						
Banana 1 each	Apple 1 each	Orange 1 each	Banana 1 each	Apple 1 each	Orange 1 each	Banana 1 each
Whole Grain Breakfast Burrito 1 each	Whole Grain Pancakes 2 each	Toasted Oats Cereal 1 cup	Sweetened Whole Grain Oatmeal LF 1/2 cup	Corn Grits LF 1 cup	Toasted Oats Cereal 1 cup	Sweetened Whole Grain Oatmeal LF 1/2 cup
Peanut Butter 1 ozw	Syrup 2 fl oz	Breakfast Sausage (1 ozw each) 1 patty	Scrambled Eggs w/ Onions & Peppers 3 ozw	Breakfast Sausage (1 ozw each) 1 patty	LowFat Cream Cheese 1 each	Hard Cooked Egg 1 each
Grape Jelly 1/3 fl oz	Cottage Fries LF/LS 1/2 cup	Whole Wheat Bread 1 slice	WG Flour Tortilla (6") 1 each	Whole Wheat Bread 1 slice	Whole Grain Bagel 1 each	Grape Jelly 1/3 fl oz
Whole Wheat Bread 1 slice	100% Apple Juice (4 oz) 1 each	Grape Jelly 1/3 fl oz	Taco Sauce 1 packet	Lyonnise Potatoes LF/LS 1/2 cup	100% Apple Juice (4 oz) 1 each	Whole Wheat Bread 2 slice
100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	100% Apple Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Apple Juice (4 oz) 1 each
Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each

**Meal Name: Lunch**

T. Salmi 4 ozw	Savory Stroganoff (2.5 MMA) 6 ozw	Whole Grain American Goulash (2.5 MMA) 10 ozw	T. Hot Dogs (1.5 oz each) 2 each	Whole Grain T. Sausage & Cheese Pizza 1 each	Chili w/Beans (2 oz gd turkey) 10 ozw	T. Ham 4 ozw
Mustard 1/3 fl oz	Whole Grain Brown Rice LF 1 cup	Corn LF 1/2 cup	Mustard 1/3 fl oz	Ranch Pinto Beans LS 3/4 cup	Whole Grain Brown Rice LF 1/2 cup	Whole Grain Mac & Cheese 1/2 cup
Whole Wheat Bread 2 slice	Carrots LF 3/4 cup	Garden Salad 1 cup	Whole Wheat Hot Dog Bun 2 each	Garden Salad 1 cup	Corn LF 1/2 cup	Kettle Blend Mixed Vegetables LF 1/2 cup
Broccoli LF 1/2 cup	Garden Salad 1 cup	Ranch Salad Dressing 1/2 fl oz	Coney Pinto Beans LS 1 cup	Ranch Salad Dressing 1/2 fl oz	Coleslaw Vinaigrette 1/2 cup	Garden Salad 1 cup
Coleslaw Vinaigrette 1/2 cup	French Dressing LF 1/2 fl oz	Whole Wheat Bread 1 slice	Broccoli 1/2 cup	Peaches (canned) 1/2 cup	Whole Wheat Bread 1 slice	French Dressing LF 1/2 fl oz
Mixed Fruit (Canned) 1/2 cup	Apple 1 each	Mixed Fruit (Canned) 1/2 cup	Apple 1 each	Garlic Whole Wheat Bread LF 1 slice	Cinnamon Apples 1/2 cup	Whole Wheat Bread 1 slice
100% Orange Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Orange Juice (4 oz) 1 each	Milk-Student Choice (Half Pint) 1 each	100% Orange Juice (4 oz) 1 each	100% Orange Juice (4 oz) 1 each	Apple 1 each
Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each		Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each	Milk-Student Choice (Half Pint) 1 each

**Meal Name: Dinner**

Spaghetti & Italian Sauce (4 oz gd turkey) 12 ozw	Country Patty (3 ozw each) 1 patty	Oven Fried Breaded Fish Patty (3 ozw) 1 patty	Baked Meatloaf (3 ozw each) 1 patty	Turkey Pot Pie (4 oz diced) 12 ozw	Crispy Chicken Patty (3 ozw each) 1 patty	Smoked T. Sausage (3 oz each) 1 each
Irish Blend Vegetables 1 cup	Vinaigrette Macaroni Salad 2 cup	Tartar Sauce 1 fl oz	Gravy 4 fl oz	Broccoli & Carrots 1/2 cup	Gravy 4 fl oz	Yellow Rice 2 cup
Peas 1 cup	Green Beans 1 cup	Yellow Rice 1 cup	Green Beans 1 cup	Navy Beans 1 cup	Parsley Potatoes 1 cup	Kettle Blend Mixed Vegetables 1 cup
Garden Salad 1 cup	Hamburger Bun 1 each	Baked Beans 2 cup	Mashed Potatoes 2 cup	Bakery Biscuit (1/60 2@) 1/30 cut	Glazed Carrots 1/2 cup	Hot Dog Bun 1 each
Scratch Italian Salad Dressing 2 fl oz	Whipped Margarine 1 ozw	Kettle Blend Mixed Vegetables 1 cup	Carrots 1 cup	Whipped Margarine 1 ozw	Hamburger Bun 1 each	Kidney Beans LF 2 cup
Fresh Baked Garlic Roll (3 ozw) 1 each	Fresh Baked Cherry Cookie (3 ozw) 1 each	Hamburger Bun 1 each	Fresh Baked Roll (3 ozw) 1 each	Fresh Baked Oatmeal Cookie (3 ozw) 1 each	Whipped Margarine 1 ozw	Whipped Margarine 1 ozw
Whipped Margarine 1 ozw	Fruit Drink w/ Vitamin C 1 cup	Whipped Margarine 1 ozw	Whipped Margarine 1 ozw	Fruit Drink w/ Vitamin C 1 cup	Fresh Baked Snickerdoodle Cookie (3 ozw) 1 each	Iced Banana Cake 1/60 cut
Oatmeal Peanut Butter Cookie (3 ozw) 1 each		Fresh Baked Snickerdoodle Cookie (3 ozw) 1 each	Frosted Pink Cake 1/60 cut		Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup
Fruit Drink w/ Vitamin C 1 cup		Fruit Drink w/ Vitamin C 1 cup	Fruit Drink w/ Vitamin C 1 cup			

**Meal Name: Evening Snack**

Cheese Crackers w/ Peanut Butter 1 each	T. Salmi 2 ozw	String Cheese & Saltine Crackers (1 each / 3 pks of 2) 1 serving	Turkey 2 ozw	Cheese Crackers w/ Peanut Butter 1 each	Peanut Butter 3 tablespoon	T. Ham 2 ozw
Applesauce 1 cup	Mayo-Type Dressing 1/2 fl oz	Strawberry Yogurt Cup (4 oz) 1 each	Cheese 1 ozw	Applesauce 1 cup	Grape Jelly 3 fl oz	Cheese 1 ozw
100% Orange Juice (4 oz) 1 each	Enriched Bread 2 slice	100% Orange Juice (4 oz) 1 each	Flour Tortilla (6") 2 each	100% Orange Juice (4 oz) 1 each	Enriched Bread 2 slice	Enriched Bread 2 slice
	100% Apple Juice (4 oz) 1 each		100% Apple Juice (4 oz) 1 each		100% Apple Juice (4 oz) 1 each	100% Orange Juice (4 oz) 1 each

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

^This item made with mechanically separated poultry used in accordance with USDA standards.

**NUTRITION STATEMENT:** This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 9 to 18 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

**FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3 Q4**

In accordance with ACA Standard (Ref. 5-ACI-5C-04) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

Reviewed 2/22

Aramark Dietitian's Signature:

Client's Signature:

Date:

FLM Signature:

Date: